

F R A C T I O N A L



BY DESIGN

Work that fits your life. Leadership that fits your business.

# Reflections Guide: Are You Chasing a Title That No Longer Fits Your Life

*Build for Who You Are, Not Who You Were*

Because where you are isn't where you were and it's time your career caught up with who you've actually become.

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# Reflection 1: Who made your current career plan?

Was it the version of you who was climbing the ladder at all costs? The one proving something to someone who isn't even watching anymore?

## Consider Your Motivations

Think about who influenced your career decisions. Was it truly you, or were you following someone else's expectations?

## Examine Past Ambitions

Reflect on whether your current path was set by a previous version of yourself with different priorities.

## Question Your Purpose

Ask if you're still pursuing goals that align with who you are today, not who you once were.

**Write your thoughts:**

# Reflection 2: What has changed since then?

New city. Different family structure. Health shifts. Lifestyle changes. What once fueled you may no longer fit you.



## Common Life Changes

- Geographic relocations
- Family dynamics and responsibilities
- Health conditions and priorities
- Financial circumstances
- Personal values evolution
- Relationship status changes

**List what's changed:**

# Reflection 3: Are you pursuing the next title or the right life?

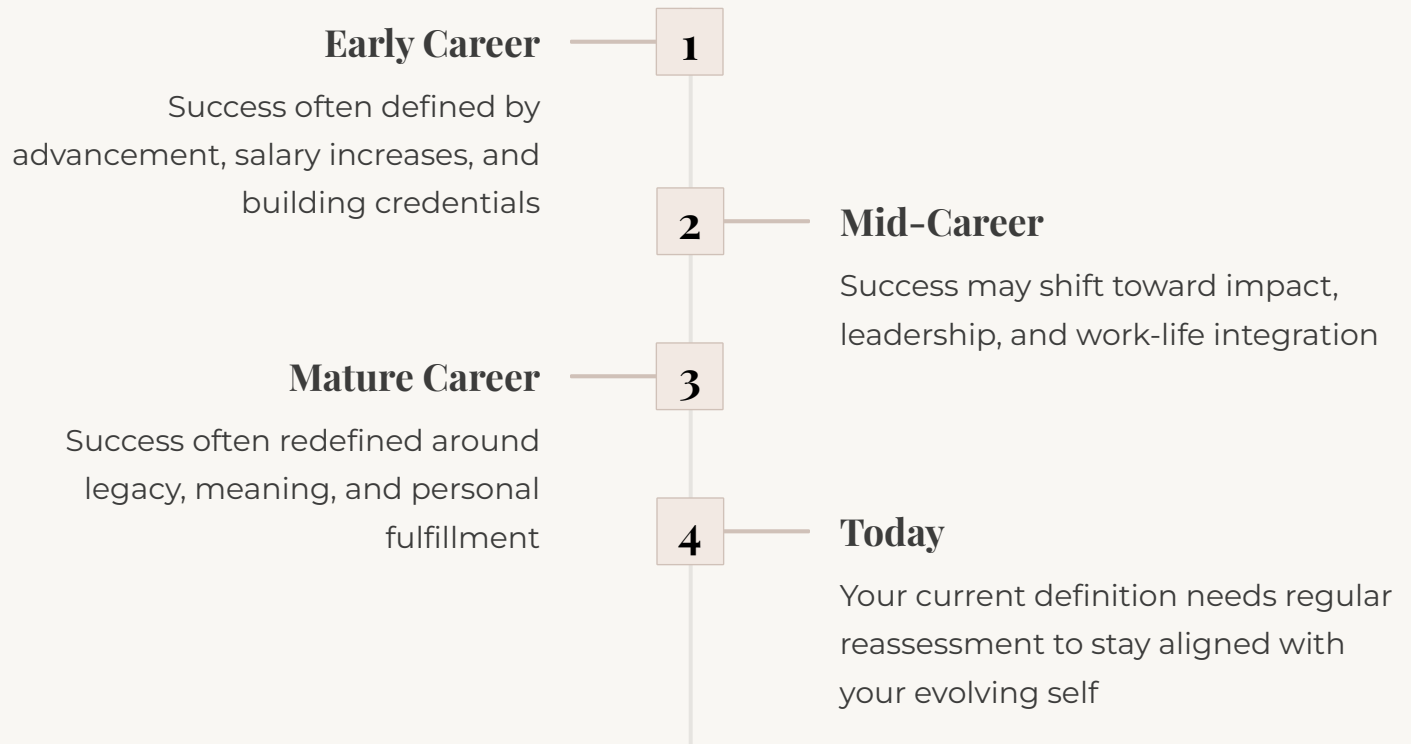
You can win the game and still lose yourself in the process. Make sure the prize is worth it.

	
<p><b>Title-Focused Path</b></p> <p>Pursuing promotions, status, and external validation</p> <p>Measuring success through achievements and recognition</p>	<p><b>Life-Focused Path</b></p> <p>Prioritizing wellbeing, relationships, and personal fulfillment</p> <p>Measuring success through alignment and satisfaction</p>

What does the "right life" look like now?

# Reflection 4: When was the last time you updated your definition of success?

If you haven't questioned it lately, you might be living by someone else's version.



**Define what success means to you today:**

# Reflection 5: What are you still saying yes to... out of habit, not alignment?

Old rhythms. Default reactions. Outdated ambitions. All can silently run the show until you decide to interrupt them.

## **Automatic Commitments**

Projects and responsibilities you accept without questioning if they still serve your current priorities

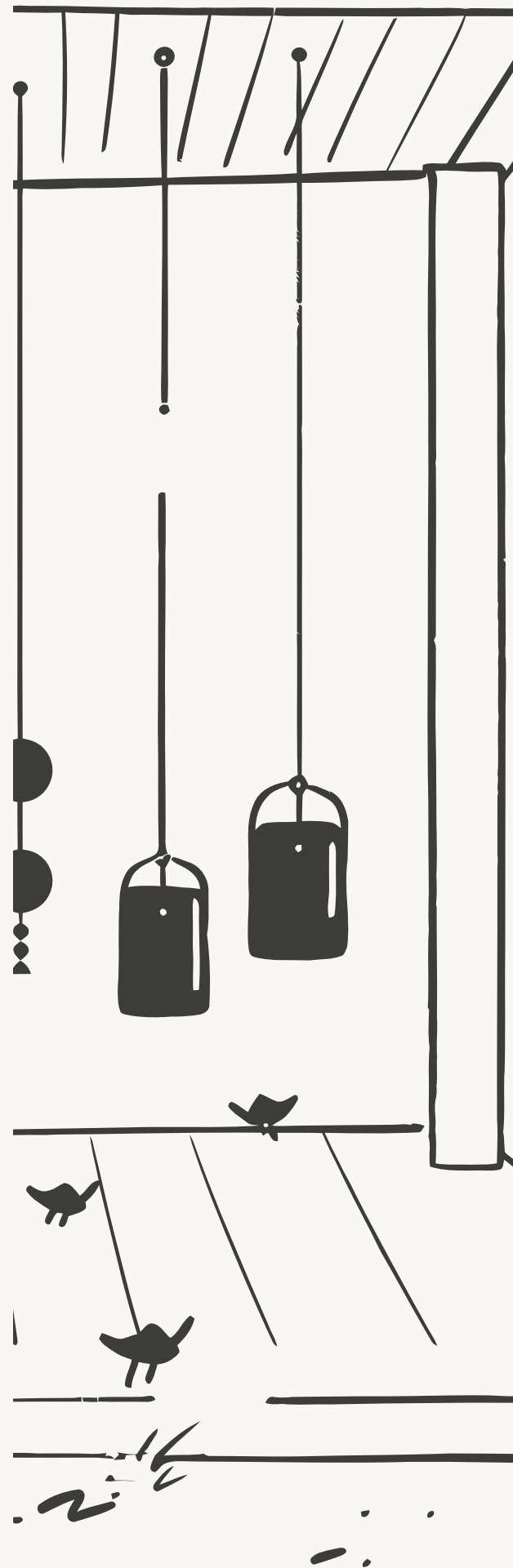
## **Outdated Networking**

Maintaining professional relationships that drain energy rather than inspire growth

## **Misaligned Opportunities**

Pursuing paths that once excited you but no longer reflect your values or interests

## What are you ready to stop saying yes to?



# Reflection 6: What are you afraid will happen if you stop chasing what you "should"?

Fear of judgment? Irrelevance? Losing momentum? The real question is what's the cost of staying misaligned?

## Common Fears

- Being judged by peers or family
- Feeling like you've "wasted" time
- Losing professional identity
- Financial insecurity
- Uncertainty about the future

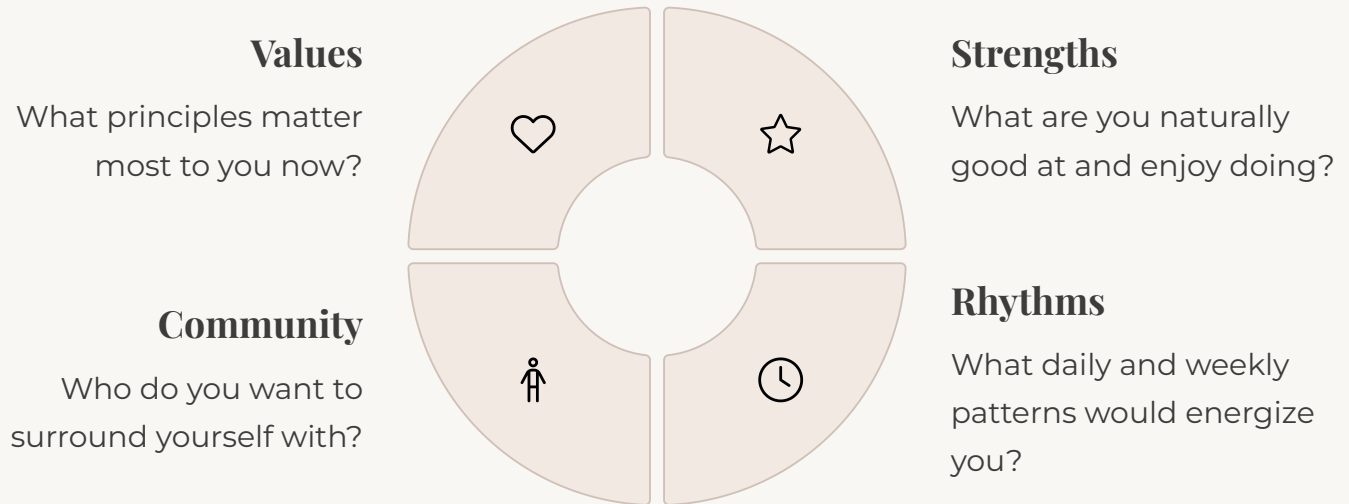
## Costs of Misalignment

- Chronic stress and burnout
- Diminished physical health
- Strained relationships
- Loss of personal fulfillment
- Regret over unlived life

**Explore both the fear and the cost:**

# Reflection 7: What would you build if you were honest about who you are NOW?

Forget the script. What would your next chapter look like if it were built around your truth, not your title?



**Describe it in detail:**



# You don't need another title. You need alignment.

This is your invitation to pause and reorient. To stop chasing what no longer fits and finally step into what does.

## Reflect

Use these questions regularly to check your alignment

## Realign

Make intentional adjustments to your path based on your reflections

## Recommit

Choose your direction based on who you are now, not who you were



Use these reflections as a reset, not just a check-in.

## Make it real.

Now that you've reflected, write one bold commitment to yourself. Not a goal. Not a job title. A decision that honors who you are today.

***My commitment is:***